



**DEPARTMENT OF THE ARMY**  
UNITED STATES ARMY GARRISON ANSBACH  
UNIT 28614  
APO AE 09177

IMEU-ANS-AO

01 October 2005

**MEMORANDUM FOR SEE DISTRIBUTION**

**SUBJECT: USAG-Ansbach Physical Training (PT) Runs and Marches, Policy Letter #44**

**1. References:**

a. USAREUR MSG #0407092, 20 Jul 04 Subj: Coordinating Off-Post Physical Training

b. IMA-E MSG, 29 Jul 04, Subj: IMA-E O-04-41 PT Routes & Quiet Hours

**2. Purpose:** Establish procedures for the conduct of physical training (PT) runs and unit marches.

**3. Scope:** Applies to all units/soldiers conducting PT within the United States Army Garrison Ansbach Area of Responsibility.

**4. Policy:** Units are responsible to conduct physical training and marching formations in a manner that promotes safety and respects the rights of other citizens and Soldiers to sleep, drive, cycle or walk undisturbed.

**5. Minimum safety standards:**

a. Sufficient road guards with reflective bright-colored vests and during limited visibility, operational flashlights with safety cones.

b. Lead and trail road guards within 15 meters of the formation.

c. Road guards should block and hold intersection traffic 15 meters proceeding and following formation.

d. Clearly defined and publicized emergency medical aid procedures and response capability.

e. Vehicles who meet oncoming formations will slow to 10 mph until completely passed formation.

**6. Prohibitions/restrictions on-post:**

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- a. Residential roads and areas are off limits.
- b. No cadence calling within 100 meters of a family housing or German residential area.
- c. Formations are limited to three columns and will not occupy more than half of the road width. Formations will not impede oncoming traffic.
- d. Stragglers may not occupy road space (i.e. run on sidewalk or off-road).
- e. Units must observe approved PT running routes

7. Prohibitions and restrictions off-post:

- a. Weekly PT running formations are limited to squad size (no more than 12). They will be in a single column formation (not blocking the sidewalk).
- b. Must wear reflective belts.
- c. Must run on sidewalks or trails.
- d. No cadence calling.
- e. Road guards are not authorized to block traffic; formations must wait at lights for green pedestrian crossing signal before entering crosswalks.
- f. Soldiers can wear PT uniform while running in PT formations.
- g. Individual ID is required to regain entry onto the installation.

8. Point of contact is SSG Donald, DSN 468-7730.

  
JOHN G. REILLY  
LTC, SF  
Commanding

1 Encl:  
Approved Off Post PT Running Routes

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